



**AFRICAN CARIBBEAN
CARE GROUP**
ANNUAL REPORT
2022-2023

The Mission

The mission of the African Caribbean Care Group is to ensure the wellbeing of members by:

- Providing culturally appropriate health and social care.
- Creating opportunities and avenues for self-expression of views and opinions.
- Supporting equal access to our service.
- Involving service users in planning of services to meet individual needs.
- Creating a warm, friendly and welcoming service.
- Working with young people to enhance their understanding of caring needs of older adults in the community.
- Working collaboratively with statutory agencies in the community.

ACCG values

Our Values are at the heart of everything we do to benefit our community.

ACCOUNTABLE Always responsive and take ownership.

CARING Compassionate, treat people with respect and kindness, everyone matters.

COURAGEOUS Say what we mean, mean what we say respecting opinion of others.

GOVERNANCE Take ownership, be responsible, sound structures, policies and procedures.

Care Group Objectives

- 1** To provide a caring and supportive service for older people of African Caribbean heritage who are residents of Central/South Manchester, Trafford and surrounding areas.
- 2** To provide a meeting place for older adults of African Caribbean heritage to promote social inclusion.
- 3** To provide culturally appropriate activities food and promote healthy lifestyles.
- 4** To provide a Lunch Club and meals on wheels service.
- 5** To develop community care services which can be delivered to people in their own homes and Day Centre.
- 6** To work collaboratively Clinical Commissioning group and other relevant providers of care.
- 7** To offer the centre as venue for clinics and other health activities.
- 8** To offer advice and support to service users to access welfare benefits and services.
- 9** To support the health and wellbeing of our services users.
- 10** To keep up to date with legislation, local and national changes in Health and Social care to deliver high quality care to service users.

Foreword

We are very proud of ACCG's achievements throughout the year.

We have expanded our team, enabling us to support more people facing difficulties during a testing year with the on-going Cost of Living Crisis.

We recognise the contribution of Mrs. Vera James, ACCG Director who resigned this year after many years of service. We thank Mrs. James for her time and dedication to the ACCG.

We would also like to say thank you to our staff, volunteers, funders and supporters.



Monica Weir
Chair



Dorothy Evans
Chief Executive

Why choose the ACCG?

- 1** For more than 40 years, we have been providing high quality, person-centred health and social care to the African Caribbean community. We are here to ensure the well-being of our members in Manchester, Trafford and the surrounding areas.
- 2** We strive to offer our services at affordable rates for our community, while never compromising on quality and safety standards.
- 3** We are proud of the links we have built up with partner organisations over the years and we embrace collaborative working to expand the range of services we can offer.
- 4** Our staff are all fully trained in health and social care and are kept up to date with specialised training courses and changes in legislation. We offer excellent career opportunities throughout the organisation and are committed to staff development.
- 5** Our Well Being services within the Day Centre provide a friendly, welcoming environment where members can meet up with friends old and new. Activities and social events help everyone to maintain a healthy lifestyle.
- 6** We offer an open and transparent service, overseen by our elected Board of Directors, involving members in the planning of our services.
- 7** We provide our service to the whole family, not just the person being cared for, supporting everyone involved. Increasingly, we also work with younger people, supporting them with developing their life skills.
- 8** We provide information and advice services enabling families to have greater choice and control to support their health and wellbeing needs.
- 9** We are fortunate to be able to call on our team of dedicated, enthusiastic volunteers who support us in maintaining our high-quality services.
- 10** Our future plans include expanding our services to more users in more locations.

Achievements & performance



Health Promotion

To combat the disproportionate health inequalities that black and minority ethnic people face, over the past year, ACCG hosted several health education forums and workshops, which includes our monthly Diabetes forum, Cancer Awareness sessions for Breast and Prostate cancer, Nutrition and Hydration Sessions which aim to inform attendees of how to spot signs of malnutrition and dehydration, tips for staying hydrated in warmer weather, and nutritious foods to include in their diet.



The Halle Orchestra

The ACCG has continued to work with the Halle Orchestra over the course of the year. A violinist from the Halle attends monthly and leads a music session with Service Users, which is particularly beneficial to those with a diagnosis of Dementia, where they will sing along to songs that they know and enjoy.



Daycare Service

ACCG Day Service is now back to pre-pandemic levels in terms of service user numbers, and we are responding to the changing needs of those accessing our support. Service Users enjoyed a varied range of activities, which includes fitness and exercise sessions, health and information forums, and entertainment such as music therapy, games and intergenerational activities.



Carers Recognition Awards

ACCG are the Lead partner organisation for the CMC partnership, and have continued to support unpaid carers throughout the year. In December 2022, CMC hosted its first 'Carers Recognition Awards' ceremony, to celebrate unpaid carers for the work they do. Carers were presented with certificates and Awards, by Deputy Cllr Yasmine Dar. The event was well received, and 70 new carers were identified.

Community Outreach

ACCG recognises the importance of being visible and accessible to the community we serve. Information and Advice stalls are held up to three times per week to share information in various locations, and to provide onsite clinics to discuss services, events and activities which are taking place within the ACCG.



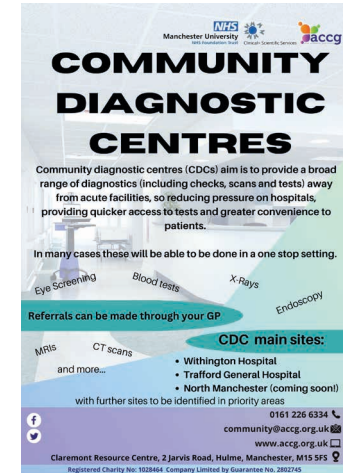
BBC Comic Relief Appeal 2023

ACCG were delighted and proud to once again feature within a BBC Comic Relief film for Red Nose Day in March 2023, for the second year in a row. This demonstrates that the ACCG is recognised as an organisation providing culturally appropriate services within the local community.



Community Diagnostic Centres (CDC's)

In our continued efforts to promote health and access to health care, the ACCG have received funding from to educate and raise awareness of Community Diagnostic Centres. This has taken place in the form of literature, stalls, workshops, meetings and 1:1 discussions within the ACCG and in the community, at the Hulme Carers Forum CDC Workshops and ACCG Community Meetings.



Lunch Club & Delivered Meals

ACCG meal service remains popular, and there has been an increase in the number of people receiving Delivered Meals within the community. ACCG caters to different dietary needs, including Vegan and Halal, and to those on feeding plans, such as pureed diets. ACCG meals also take into consideration a range of health conditions, such as High Blood Pressure and Diabetes.



Holistic Therapies

The holistic therapy service continues to grow in popularity, and new services have been introduced, such as Hot Stone Massage. The therapy room has also had a revamp, creating a more inviting and relaxing space for those accessing this service.



Household Support Fund

ACCG worked with MACC to nominate eligible Households to receive one off payments of up to £160 from the Household Support Fund. These payments provided families with extra support during the colder months.



Household Support

ACCG were funded by Manchester City Council to provide support to vulnerable people within their own homes, at no cost to them. ACCG supported with preparing meals, shopping and general cleaning.

Trafford Warm Spaces

Trafford Borough Council funded ACCG to provide a warm space each Wednesday for people within the community during the winter months. This assisted with reducing social isolation and the cost of living challenges.

Advocacy Information and Advice

ACCG provides advocacy, information and advice services to people from ethnic minority backgrounds living in Manchester and Trafford. Over the year, we have provided support to those most affected by the cost of living crisis, support to reduce debt, grant applications, benefit applications and housing concerns.



Christmas Festivities

Over the Christmas period, service users enjoyed a party at the Day Centre. They were entertained by a live Reggae Band, Piano player and carol singing, and were treated to a three course Christmas Lunch. Service users were delighted to receive ACCG Christmas gifts, with everyone also relieving a food parcel containing culturally appropriate foods.



Supporters & Partners



ACCG Directors 2022-2023



Monica Weir
Chair



Gary Gillette
Deputy Chair



Pauline Gaye
Secretary



Paulette Hanley
Director



Vera James
Director



Raphael Hill
Director

With the funding secured this year, the ACCG has been able to deliver services to the community, expand vital services and maintain the financial stability of the organisation. The ACCG continue to provide services that are sustainable and contribute to the expansion of the organisation.

Summary of Accounts 2022–2023

Balance sheet as at 31 March 2023

	Note	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	14		2,992		5,920
Current assets					
Debtors	15	19,119		44,755	
Cash at bank and in hand		457,186		315,792	
Total current assets		476,305		360,547	
Liabilities					
Creditors: amounts falling due in less than one year	17	(25,324)		(17,223)	
Net current assets			450,981		343,324
Total assets less current liabilities			453,973		349,244
Net assets			453,973		349,244
The funds of the charity:					
Restricted income funds	18		103,757		64,490
Unrestricted income funds	19		350,216		284,754
Total charity funds			453,973		349,244

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

1

Build on the Dementia Advisory Work to develop Cultural Competence training materials for delivery to organisations, people living with Dementia and their families

2

Continue discussions with Manchester City Council to progress the Community Asset Transfer of the Claremont Resource Centre which will provide opportunities for service expansion

3

Seek greater partnership working and collaboration with other organisations

4

Provide opportunities for volunteers to develop and learn new skills



you'll find
us in here!



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Registered Charity No: 1028464
Company Limited by Guarantee No: 2802745

